Calendar of Events

5/15  Wellness 5/18  Commencement
5/23  Deadline for next Open 'Gate submissions
5/26  Memorial Day Holiday
5/29-6/1  Reunion
6/6  Next Open 'Gate Issue
6/24  5 & 10 Year Reception
6/25  Service Awards Dinner

Retirement Individual Counseling Sessions

TIAA-CREF
5/15  Alton Lounge, J.C. Colgate Hall
6/25  Conference Room, Colgate Bookstore
TIAA-CREF appointments can be scheduled online at www.tiaa-cref.org/events or by calling 1-800-732-8353.

Fidelity
5/19  Alton Lounge, J.C. Colgate Hall
6/19  Conference Room, Colgate Bookstore
Fidelity appointments can be scheduled online at www.fidelity.com/atwork/reservations or by calling 1-800-642-7131.

CU Well Wellness Programming

Join the 2014 Wellness Initiative and earn $250! Click here to learn more.

May Wellness Resources:
May is Mental Health and Stroke Awareness Month.
Click here for a free Mind Your Health calendar
Click here for stroke information

Member Health Assessment
Healthy Coaching
Nutrition Information
www.myviverae.com

Administrative Professionals Day

On April 22, administrative assistants and members of the support staff gathered at the Edge Café for the annual breakfast celebration in honor of Administrative Professionals’ Week. President Herbst addressed the group acknowledging the meaningful work performed by the support staff and how this positively contributes to the future success of Colgate. It was great to see so many in attendance at this year’s celebration and we hope all who attended enjoyed the festivities!
Welcome New Employees!

On April 8, Human Resources hosted the spring New Hire Orientation. Thirty-three new employees were hired between October 2013 and March 2014. Please take a moment to welcome these new employees to the Colgate community when you see them on campus.


Alumni Office News

Maroon Citations

Congratulations to Doug Chiarello ’98, director of major gifts; Rebecca Costello, managing editor of the Colgate Scene; and Karen Giannino, senior associate dean of admission. They have been selected by the Alumni Council to receive Maroon Citations this year. This special award is given in grateful recognition for significant and invaluable personal contributions to Colgate University and our alumni. They will be honored at the Awards Ceremony during Reunion Weekend on Friday, May 30 at 8:00 p.m. in the Chapel.

Distinguished Teaching Award

Each year the Alumni Council recognizes, on behalf of all Colgate alumni, outstanding teachers at the university. They will also be honored during Reunion Weekend. I am pleased to announce this year’s recipients: Douglas Johnson, associate professor of psychology, and Padma Kaimal, professor of art and art history.

Alumni Weekend

We will welcome over 2,000 alumni and friends to campus for Reunion ’14, May 29 - June 1. This event places extensive demands on the Colgate community and we are grateful for the support we receive from so many of you. Thank you for helping us make this important event so successful! We hope you have the opportunity to see old friends during the weekend.
Wellness Spotlight - Health and Fitness Apps
By Thad Mantaro, Director Shaw Wellness Institute

Now that the days are getting warmer (one can only hope) there seem to be many people whose New Year’s resolutions are catching a second wind. People are out walking and spending more time with family outside, and it is a great time to try to recharge your intention to make healthy choices.

Believe it or not, apps can actually be a great help with getting your routine going again. You might ask—what is an app? For those who are less versed in technology, an app is a type of software that allows you to perform specific tasks. Applications for desktop or laptop computers are sometimes called desktop applications, and those for mobile devices are called mobile apps. Typically when we discuss apps we think of them as icons on our screens that act as short cuts to software programs we use often. For example, there are apps for Facebook and news channels, games and all sorts of fun things. A few other favorites are IMDBs, Netflix, QuizUp, Shazam and, of course, the Colgate app!

This month, the Wellness Lunch and Learn will focus on healthy apps. Here is a sampling of what will be discussed:

**MapMyRun** - MapMyRun is an app that allows you to track your runs and then share your success with your friends through the app. By using your smartphone’s GPS system, it can not only track your miles as you run (or walk) but also measures the duration, pace, speed, elevation, and calories burned. You can also look up routes other people have done, which is great for discovering new paths, or when you are on vacation and want to get out and explore. Not only does it keep track of your activity, but you can also log the foods you eat to help you stay within a healthy calorie range each day.

**Fooducate** - With Fooducate, you simply scan the barcode of a food item with the app, and find out how it is graded on its healthfulness. Simple, concise explanations guide you through why a product got the grade it did, and then it suggests healthier options. It will give you information such as whether the product's serving size is small or if there are additives of which you should be aware. It is a simple app that guides you to healthy decisions as you shop.

**MyFitnessPal** - Study after study has confirmed the benefits of keeping track of the food you eat and the activity you do. It's simple - the more consistently you track your food intake, the more likely you are to lose weight. That's why every successful weight management program suggests that you keep a food diary and/or an activity log. But recording everything you eat without the right tools can be tedious at best, or simply impossible at worst. MyFitnessPal provides tools you need to successfully take weight off - and keep it off. And best of all, everything on the site is free!

At the May workshop, we will review the apps and talk about how to maximize your health and wellness plans. We will also talk about a great device, called Fitbit, which can help with tracking. Available at the Colgate Bookstore, the Fitbit Flex, is a wireless wristband that many people have been using to track their physical activity and help reach their fitness goals. The device monitors steps taken, calories burned, and sleep time/quality; tracks your progress; and can automatically sync your stats with your home computer or select smartphones. To encourage shopping locally, the Bookstore is offering the Fitbit Flex in-store for $89.99 ($10 off the regular price). This is a great deal!

If you have any advance questions please feel free to email Thad Mantaro, Director of the Shaw Wellness Institute at tmantaro@colgate.edu.
Sustainability Spotlight

Colgate’s Progress with Electronics Recycling

By Jack Eiel '15, Sustainability Office Intern

Last September, Colgate joined an initiative called the State Electronics Challenge (SEC). The SEC protocol helps the Sustainability Office track and analyze the purchase, operation, and end-of-life disposal of our computers, monitors, printers, and other electronic devices in order to minimize their environmental impact.

Purchasing decisions are important because of how electronic devices are manufactured and the materials companies decide to use can have huge environmental implications. The EPEAT (Energy Product Environmental Assessment Tool) rating system evaluates the energy use and toxicity of various electronic devices. EPEAT awards the best products with a medal (bronze, silver, or gold) based on a few dozen criteria that assess the environmental impacts of hundreds of different electronic devices.

How we dispose of products at the end of their life is also critical in minimizing their environmental impact. When computers, monitors, TVs, and printers stop working we need to make sure they are recycled responsibly. Electronics from Colgate are collected and brought to the Regional Computer Recycling and Recovery (RCR & R), where they are disposed of according to R2RIOS standards. Click here to learn more about Colgate's eWaste recycling program.

After collecting data for the fall 2013 semester, we submitted our numbers to the SEC. A few weeks ago, we received Colgate’s first personalized electronics report card. The results were impressive!

In 2013, Colgate bought 99% EPEAT GOLD certified electronic devices. This purchasing practice alone will keep over 61,000 lbs. of municipal waste (equivalent to the waste generated by 15 households per year) out of the landfill, reduce our carbon footprint by over 225 tons (equivalent to removing over 160 cars from the road), and eliminate over 3,500 lbs. (equivalent to 13 refrigerators) of hazardous waste from entering our atmosphere.

Additionally, Colgate enables ENERGY STAR POWER SAVER on 100% of its operational devices. This practice alone saved almost one million kilowatt-hours of energy throughout campus. That’s enough to power 75 homes for a year!

These numbers are very encouraging, so let’s keep up the good work. Be sure you always properly recycle your eWaste—there are eWaste stations located all over campus for batteries and small electronic devices. For larger electronic equipment, call the ITS helpline at x7111 and check out our website for more information.

May 6-12 is Nurse Appreciation Week

To our nursing and health care staff,
Thank you for the important work you do and the invaluable difference you make in the lives of your patients every day!

Check out these monthly specials!

$50 off all in-stock Apple computers. Visit the computer department for details.
13% off Top 13 Graduation Books. In-store and online.
10% off all paperback fiction books, 20% off all religion books, 30% off all faculty books.

More specials are available here!
Buy Local!
**Vegetables and Fruits: Get Plenty Every Day**

Vegetables and fruits are clearly an important part of a good diet. Almost everyone can benefit from eating more of them, but variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. The key lies in the variety of different vegetables and fruits that you eat.

Try these tips to fit more fruits and vegetables into your day:

- Keep fruit out where you can see it. That way you’ll be more likely to eat it. Keep it out on the counter or in the front of the fridge.
- Get some every meal, every day. Try filling half your plate with vegetables or fruit at each meal. Serving up salads, stir fry, or other fruit and vegetable-rich fare makes it easier to reach this goal. Bonus points if you can get some fruits and vegetables at snack time, too.
- Explore the produce aisle and choose something new. Variety is the key to a healthy diet. Get out of a rut and try some new fruits and vegetables—including dark green leafy vegetables; yellow, orange, and red fruits and vegetables; cooked tomatoes; and citrus fruits.
- Bag the potatoes. Choose other vegetables that are packed with more nutrients and more slowly digested carbs.
- Make it a meal. Try some new recipes where vegetables take center stage, such as Tunisian carrot salad and spicy broccolini with red pepper.

http://www.hsph.harvard.edu/nutritionsource/vegetables-full-story

**Introducing the 5-A-Day Challenge!**

Join the CU Well 5-A-Day Challenge and earn 15 Health-e Challenge points towards your $250 Wellness Cash Incentive. The program begins on May 5. Registration and challenge details can be found at www.myviverae.com.

Benefit eligible employees who earn **200 points** will receive a taxable **cash incentive of $250** in their December 2014 paycheck.

**REGISTRATION - First Time User**

2. Complete the new user registration:
   a. Identifier: DOB (MMDDYYYY) + Last 4 digits of SSN
   b. Registration Code: colgate (lower case)

Participation in CU Well is entirely optional, but we encourage everyone to take advantage of this opportunity. Sign up today!

Please contact Human Resources at extension 7743 with questions.

**The CU Well Incentive Points System Has Been Expanded!**

Back in the fall, we announced the new **CU Well Incentive Program** where, starting in 2014, employees will receive a taxable cash incentive of $250 in their December 2014 paycheck if they earn 200 points through the secure wellness website, www.MyViverae.com.

Initially the program allowed employees who complete a Focus on Fitness class the ability to earn five points towards their point goal. We heard from employees that they would also like to earn points for their regular attendance to the fitness center or participating in other physical activities. Since the CU Well program was developed to encourage employees to engage in regular physical activity and healthy behaviors, we have expanded the point system to include these activities.

The online site now provides employees the option to log in your regular physical activity to earn points. The new feature can be found in the **Community Events** section of the program chart under the **Incentive Programs** tab.

Please contact Human Resources at extension 7743 with questions or suggestions.

**Reminder** - The Hamilton Farmer’s Market is open for the season this Saturday, May 3 on the Village Green!
Welcome New Hires!

**Brian Bain** accepted the position of campus safety officer effective April 28. Brian was previously a casual wage officer at Colgate. He enjoys hunting, fishing and playing golf.

**Vonzelle Johnson '07** accepted the position of leadership gifts officer effective April 21. He has a master's in social work from Valdosta State University. Vonzelle enjoys playing golf in his free time.

**Leslie Pasco** accepted the position of director of off campus retail operations effective April 21. She has a BA in economics/business management from SUNY Cortland. She enjoys music, cooking and art, as well as spending time with her son, Sam.

Births

**Mike Murphy**, men’s lacrosse head coach, and wife Jennifer announce the birth of their baby girl. Dylan arrived on April 9 weighing 7 lbs. 1 oz. and is 21 in. long.

May Anniversaries

- **30 Years**
  - Stan Fisher, Facilities
- **25 Years**
  - Elvia Bona, Romance Languages
- **20 Years**
  - John Robinson, Electronics Shop
- **10 Years**
  - Brenda Frey, Advancement-Research

With Appreciation

Whether you sent a lovely card or sent a floral piece, or maybe you spoke the kindest words as any friend could say.

Perhaps you were not there at all, just thought of us on that day.

Whatever you did to console our hearts after the passing of our husband/father we send our sincere thanks.

Fannie May Terrier, George and Cindy Chamberlain, Joe and Sue Terrier, Sam and Patti Terrier

Please submit items and articles of interest to HumRes@Colgate.edu

Sell and Swap

Kenmore Elite 4HEt (3.8 cu feet) white 8-year old front loader washing machine; works fine, but drum needs ball bearings replaced...kept in mint condition with annual service maintenance and not a scratch. Best offer.

Matching white pedestal drawer (divider & dryer sheet receptacle) 27 x 27...for washer eliminates bending down! Best offer.

Call Gail at (315) 825-5027

Colgate University makes no warranty, expressed or implied, about the nature or condition of items advertised and accepts no responsibility for any transaction or item. The University reserves the right to suspend or terminate the program at any time.

FREE Classes! Check out the new courses at Lynda.com. Log-on through the portal to access these and more!

- **PowerPoint-Builds, Transitions, Animations and Effects**
- **Google Glasses**
- **Excel 2013: Data Validation In-Depth**

Career Opportunities

All current position vacancies and our online application can be found online at: [https://careers.colgate.edu](https://careers.colgate.edu)

Colgate University is an EO/AAE.

Developing and sustaining a diverse faculty, staff, and student body furthers the university’s mission.